

**Abstract**

The invention relates to a transparent gas barrier packaging laminate having a required bending stiffness, comprising outer layers of heat-sealable polyolefin, two polymer carrier layers each being coated with a SiO<sub>x</sub> gas barrier layer, wherein the two polymer carrier layers with SiO<sub>x</sub> layers are laminated to each other by means of an intermediate polymer layer, which in comparison to the other surrounding layers is relatively stiff and thicker. The required stiffness of the packaging laminate is obtained by the I-beam interaction between the two carrier layers and the intermediate distancing polymer layer. Preferably, the thickness of the intermediate polymer layer constitutes from about 30 to about 55 % of the total thickness of the packaging laminate. The invention also relates to a packaging container such as a pouch or similar manufactured from the packaging laminate and to a method of manufacturing of the packaging laminate.